



Nevada and ITCN New Food Choices 2010 Approved Foods List Effective October 1, 2010



Nevada and ITCN WIC Nutrition Program's "WIC Approved Food List"

WIC FOODS	DETAILS
Fruits and Vegetables	<ul style="list-style-type: none"> Any brand and variety of fresh, frozen, or canned fruits and vegetables Whole, cut, or mixed fruit and vegetables, except white potatoes. Orange yams and sweet potatoes are allowed. Organic is allowed <p style="color: red; text-align: center;">NOT ALLOWED</p> <ul style="list-style-type: none"> No dried fruits and vegetables No added sugar, fats, or oils No added sauce or creamed or pickled vegetables No added rice, meat, pasta, white potatoes or noodles <i>No breaded or battered vegetables, no fruits and vegetables from the salad bar, no fruit baskets, no party vegetable trays, and no ornamental or decorative fruits or vegetables such as chili peppers on a string, garlic on a string, gourds, painted pumpkins, and no french fries, tater tots, hashbrowns, etc.</i>
Whole Grain Bread	<ul style="list-style-type: none"> NO Organic NO Light Bread No Buns or Rolls Loaf of Bread 16 ounce packages only Whole grain must be the first ingredient listed on the packaging.
Brown Rice	<ul style="list-style-type: none"> NO Organic NO Bulk NO Ready to Serve NO Boil in a Bag 16 ounce bags or boxes allowed Instant, Quick, or Regular Cook Time Short or Long Grain

Tortillas	<ul style="list-style-type: none"> • NO Organic • Whole Wheat and Corn Only • 16 ounce packages only • Whole grain must be the first ingredient listed
Tofu	<ul style="list-style-type: none"> • NO Organic • Plain, calcium-set tofu, which is: • Firm or medium • Refrigerated, water-packed only • Brands: Azumaya House Premium
Soy Beverage	<ul style="list-style-type: none"> • Pacific Ultra Soy, Plain, shelf stable • Pacific Ultra Soy, Vanilla, shelf stable Quart size (32 oz container) • 8th Continent Soymilk, Original Half Gallon (64 oz container)
Canned Sardines	<ul style="list-style-type: none"> • ANY BRAND • 3.75 ounce can or larger • Packed in water, oil, mustard, or ketchup • No Added Seasonings
Baby Food Fruits and Vegetables	<ul style="list-style-type: none"> • NO Organic • ANY BRAND • Step 2 Only • Single Fruits or combinations of fruits in 3.5-4 ounce containers • Single Vegetables or combinations of vegetables in 3.5-4 ounce containers
Baby Foods Meats	<ul style="list-style-type: none"> • NO Organic • ANY BRAND • Step 1 or Step 2 • Added broth or gravy allowed • MEATS Beef Chicken Ham Lamb Turkey Veal
Milk	<p>Least expensive brand of these types of unflavored, pasteurized non-organic milk in quarts, half gallons and gallons:</p> <ul style="list-style-type: none"> • Whole (3.5%), reduced (2%), low fat (1%) or skim (non-fat) Vitamin A and D fortified • Acidophilus and lactobacillus • Lactose-free and lactose-reduced (e.g. Lactaid) • Fluid Shelf Stable

	<ul style="list-style-type: none"> • Dry Vitamin A and D fortified • Evaporated milk • Fresh or Evaporated Goat's Milk
Cheese	<p>Any brand of these types (or combination of the listed types) of non-organic cheese in 16 ounce package only:</p> <ul style="list-style-type: none"> • Cheddar • Colby • Longhorn Style • Jack • Mozzarella (regular or string) • Processed American <p>Cheese may be:</p> <ul style="list-style-type: none"> • Blocked, sliced, or mixed • Regular, Reduced Fat, Low Fat, or Fat Free • NO Individually wrapped slices
Eggs	<ul style="list-style-type: none"> • Least Expensive Brand • Grade AA • Dozen only • Chicken Eggs Only • Large (substitution of Medium size eggs is allowed only when large eggs are not available) <p>Hardboiled eggs will remain authorized for participants that have inadequate storage/cooking.</p>
Dried beans, peas, or lentils	<ul style="list-style-type: none"> • Any brand • 16 ounce bag
Peanut Butter	<p>Any brand of these types of non-organic peanut butters in 16 to 18 ounce containers :</p> <ul style="list-style-type: none"> • Creamy • Chunky • Extra chunky • Salted or unsalted
Cereal	<p>12 ounce boxes or larger 36 ounce box maximum</p> <p>Cold:</p> <ul style="list-style-type: none"> • Mom's Best Naturals <i>Oats & Honey Blend</i> • Malt O Meal <i>Honey & Oat Blenders</i> <i>Honey & Oat Blenders w/Almonds</i> <i>Frosted Mini Spooners (WG)</i>

	<p><i>Strawberry Cream Mini Spooners (WG)</i></p> <p><i>Crispy Rice</i></p> <ul style="list-style-type: none"> • General Mills Cheerios Regular (WG) • General Mills Multi Grain Cheerios (WG) • General Mills Kix • General Mills Honey Kix (WG) • General Mills Chex <p><i>Wheat (WG)</i></p> <p><i>Corn</i></p> <p><i>Rice</i></p> <ul style="list-style-type: none"> • Kellogg's Corn Flakes • Kellogg's Frosted Mini-Wheats Regular or Bite Size (WG) • Post Banana Nut Crunch (WG) • Post Grape Nuts (regular only) (WG) • Post Honey Bunches of Oats <p><i>Honey Roasted</i></p> <p><i>Almonds</i></p> <p><i>Vanilla Clusters (WG)</i></p> <ul style="list-style-type: none"> • Quaker Oats Life (regular only) (WG) <p>Hot:</p> <ul style="list-style-type: none"> • Malt O Meal <p><i>Original Hot Wheat Cereal</i></p> <p><i>All Natural Creamy Hot Wheat Cereal</i></p> <p><i>Farina Hot Wheat Cereal</i></p> <ul style="list-style-type: none"> • Mom's Best <p><i>Naturals Quick Oats (WG)</i></p> <ul style="list-style-type: none"> • Quaker Oats Oatmeal (WG) <p><i>Instant Mix n Eat, regular flavor only</i></p> <ul style="list-style-type: none"> • Nabisco Cream of Wheat (Any cooking time except instant) • Nabisco Cream of Wheat Whole Grain (WG)
Infant Formula	<ul style="list-style-type: none"> • Formula with iron (unless specified otherwise). Must be exact item on printed Shopping List.
Infant Cereal	<p>8 ounce boxes of Dry Gerber or Beechnut infant cereal. (unless otherwise specified on the Shopping List)</p> <p>May be:</p> <p><i>Whole Wheat (WG), Multi-Grain, Barley, Rice, Oatmeal, or Mixed</i></p> <p>NO organic, single serving or added fruit.</p>
Juice - 64 ounce bottles or carton, single	<p>100% Fruit Juice</p> <p>Apple Juice:</p> <ul style="list-style-type: none"> • Seneca Apple (Red Label only)

<p>strength</p> <p>Note: This container size is for children only</p>	<ul style="list-style-type: none"> • Tree Top Apple (Green Label only) • Juicy Juice Apple Raspberry • Juicy Juice Apple Banana • Juicy Juice Apple • Langer's Apple Juice <p>Grape:</p> <ul style="list-style-type: none"> • Welch's White Grape • Welch's Purple Grape • Juicy Juice Grape • Juicy Juice White Grape • Langer's Red Grape • Langer's White Grape <p>Orange and Pineapple:</p> <ul style="list-style-type: none"> • Least Expensive Brand <p>Vegetable</p> <ul style="list-style-type: none"> • V8 <p>Other Flavors:</p> <ul style="list-style-type: none"> • Juicy Juice Cherry • Juicy Juice Berry • Juicy Juice Strawberry Banana • Juicy Juice Kiwi Strawberry • Juicy Juice Orange Tangerine • Juicy Juice Punch • Langer's Mixed Berry
<p>Juice – 11.5 or 12 ounce cans, frozen or “pourable” concentrate</p> <p>Frozen and pourable juices reconstitutes to 48 fluid ounces.</p> <p>Note: This container size is available to women only.</p>	<p>100% Fruit Juice</p> <p>Apple Juice:</p> <ul style="list-style-type: none"> • Seneca (Red Label only) • Tree Top (Green Label only) • Juicy Juice Apple • Langer's Apple Juice <p>Grape:</p> <ul style="list-style-type: none"> • Welch's White Grape • Welch's Purple Grape • Welch's White Grape Cranberry • Welch's White Grape Raspberry • Welch's White Grape Pear • Welch's White Grape Peach

	<p>Orange and Pineapple:</p> <ul style="list-style-type: none"> • Least Expensive Brand <p>Other Flavors:</p> <ul style="list-style-type: none"> • Juicy Juice Berry • Juicy Juice Punch • Langer's Spring Blend • Langer's Summer Blend • Langer's Autumn Blend • Langer's Winter Blend
Tuna	<p>Any Brand Chunk Light</p> <ul style="list-style-type: none"> • Packed in water • 5 ounce cans or larger • Must be light tuna